

FOOTNOTES 2282360

# Exchanges Made Easy

## Diabetic Diet Management System

Figure 1

FOOTING 23E860

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8

6

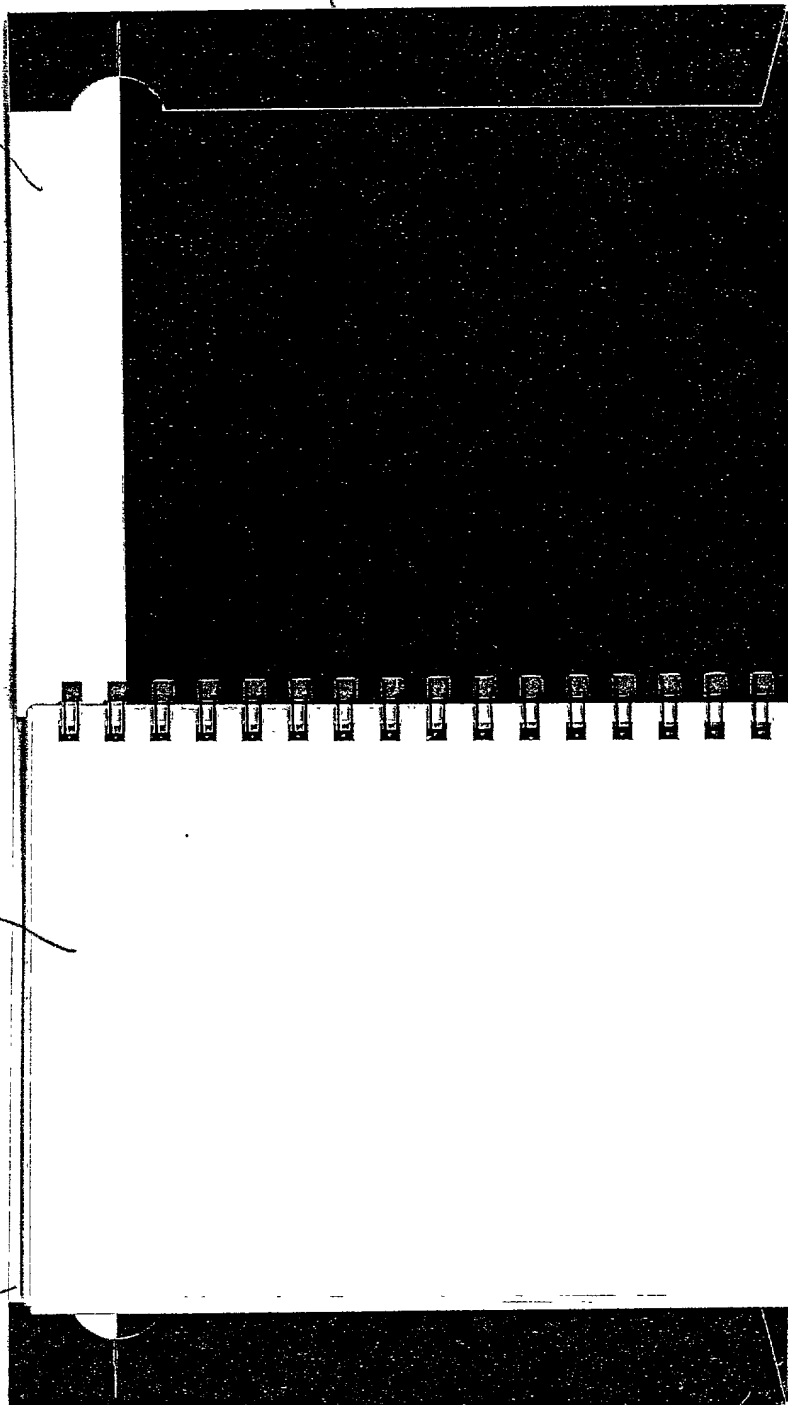


Figure 2

20  
22

FRUIT	
Apple juice or cider	1/2 cup
Apple, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	1/2 cup
Apricots, canned	1/2 cup
Apricots, dried	8 halves
Apricots, fresh	4 whole (5 1/2 oz)
Banana, small	1 (4 oz)
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1/3 melon or 1 cup cubes
Cherries, sweet, canned	1/2 cup
Cherries, sweet, fresh	12 (3 oz)
Cranberry juice cocktail	1/3 cup
Dates	3
Fruit cocktail	1/2 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Grapefruit, large	1/2
Grapes, small	17 (3 oz.)
Honeydew melon	10 oz. slice or 1 cup cubes

Figure 3

20  
24

Kiwi	1 (3 1/4 oz)
Mandarin oranges, canned	3/4 cup
Nectarine, small	1 (5 oz)
Orange juice	1/2 cup
Orange, small	1 (6 1/2 oz)
Peach, medium, fresh	1 (6 oz)
Peaches, canned	1/2 cup
Pear, large, fresh	1/2 (4 oz)
Pears, canned	1/2 cup
Pineapple juice	1/2 cup
Pineapple, canned	1/2 cup
Pineapple, fresh	3/4 cup
Plums, small	2 (5 oz)
Prune juice	1/3 cup
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	13 oz slice or 1 1/4 cup cubes

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Figure 4

26  
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28

# MILK

Buttermilk, nonfat or low-fat	1 cup
Milk, 1/2 %	1 cup
Milk, 1%	1 cup
Milk, 2%	1 cup
Milk, evaporated skim	1/2 cup
Milk, evaporated whole	1/2 cup
Milk, goat's	1 cup
Milk, nonfat dry	1/3 cup dry
Milk, skim	1 cup
Milk, sweet acidophilus	1 cup
Milk, whole	1 cup
Yogurt, nonfat or low-fat fruit-flavored, sweetened with artificial sweetener	1 cup
Yogurt, nonfat plain	3/4 cup
Yogurt, plain low-fat	3/4 cup

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Figure 5

32

# STARCH

Animal crackers	8
Bagel	1/2 (1 oz.)
Baked beans	1/3 cup
Beans dried, cooked	1/2 cup
Biscuit, 2 1/2" diameter	1
Bread sticks, crisp [4" x 1 1/2"]	2 (2/3 oz.)
Bread, reduced-calorie	2 slices (1 1/2 oz.)
Bread	1 slice (1 oz.)
Bun, hot dog or hamburger	1/2
Cereals, cooked	1/2 cup
Cereals, unsweetened, ready-to-eat	1/2 cup
Corn on the cob, medium ear	1 (5 oz.)
Corn	1/2 cup
Corrmeal, dry	3 Tbsp
English muffin	1/2
Flour, dry	3 Tbsp
Graham crackers, 2 1/4" square	3
Grits, cooked	1/2 cup
Malba toast	4 slices
Oats, cooked	1/2 cup
Oyster crackers	24
Pancake, 4" diameter	2
Pasta, cooked	1/2 cup

Figure 6

34

Peas, dried, cooked	1/2 cup
Peas, green	1/2 cup
Pita, 6" diameter	1/2
Popcorn, popped	3 cups
Potato, baked or boiled	1 small (3 oz.)
Potato, mashed	1/2 cup
Pretzels	3/4 oz
Raisin bread, unfrosted	1 slice (1 oz.)
Rice cakes, 4" diameter	2
Rice, white or brown, cooked	1/3 cup
Roll, plain, small	1 (1 oz.)
Saltine-type crackers	6
Stack chips, fat-free	15-20 (3/4 oz.)
Squash, acorn, butternut	1 cup
Tortilla, corn 6" diameter	1
Tortilla, flour 8" diameter	1
Waffle, 4 1/2" square	1
Yam/sweet potato, plain	1/2 cup

Figure 7

36



# VEGETABLE

\*Serving sizes are

$\frac{1}{2}$  cup of cooked vegetables

$\frac{1}{2}$  cup vegetable juice

1 cup raw vegetables

- Artichoke
- Artichoke hearts
- Asparagus
- Bean Sprouts
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions
- Greens (collard, kale, mustard, turnip)
- Kohlrabi
- Leeks

30

40

- Mixed vegetables (without corn, peas)
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers (all varieties)
- Radishes
- Salad greens (endive, lettuce, romaine)
- Sauerkraut
- Scallions
- Spinach
- Summer squash
- Tomatoes, fresh, canned, sauce, paste
- Turnips
- Water chestnuts
- Watercress
- Zucchini

36



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Figure 8

Figure 9

42

44

# FAT

Avocado, medium 1/8 (1 oz)  
 Bacon, cooked 1 slice (20 slices/lb.)  
 Bacon, grease 1 tsp  
 Butter, reduced-fat 1 Tbsp  
 Butter, stick 1 tsp  
 Butter, whipped 2 tsp  
 Coconut, sweetened, shredded 2 Tbsp  
 Cream cheese, reduced fat 2 Tbsp (1/2 oz)  
 Cream cheese, regular 1 Tbsp (1/2 oz)  
 Cream 2 Tbsp  
 Half and Half 2 Tbsp  
 Lard 1 tsp  
 Margarine, 30% to 50% vegetable oil 1 Tbsp  
 Margarine, stick, tub or squeeze 1 tsp  
 Mayonnaise, reduced-fat 1 Tbsp  
 Mayonnaise, regular 1 tsp  
 Nuts, almonds, cashews 6 nuts  
 Nuts, walnuts, English 4 halves  
 Oil, canola, corn, safflower, soybean, olive,  
 or peanut 1 tsp  
 Olives, green, stuffed 10 large  
 Olives, ripe (black) 8 large

Figure 10

42

46

Peanut butter, smooth or crunchy 2 tsp  
 Peanuts, dry roasted 10 nuts  
 Pecans 4 halves  
 Salad dressing, reduced-fat 2 Tbsp  
 Salad dressing, regular 1 Tbsp  
 Seeds, pumpkin, sunflower 1 Tbsp  
 Sesame seeds 1 Tbsp  
 Shortening 1 tsp  
 Sour cream, reduced-fat 3 Tbsp  
 Sour cream, regular 2 Tbsp

Figure 11

50

52

## MEAT &amp;

## MEAT SUBSTITUTES

Beef (corned beef, ground, organ meats, roast, short ribs, steak, tenderloin) lean 1 oz  
 of fat 1 oz  
 Cheese 1 oz  
 Chicken, white or dark meat 1 oz  
 Cornish hen, no skin 1 oz  
 Cottage cheese, nonfat or low-fat 1/4 cup  
 Egg substitutes, plain 1/4 cup  
 Egg whites 2  
 Egg, whole 1  
 Fish (cod, flounder, haddock, halibut, trout), fresh or frozen 1 oz  
 Game (duck, goose, pheasant, venison, buffalo, ostrich, rabbit) 1 oz  
 Herring (uncreamed or smoked) 1 oz  
 Hot dogs 1 oz  
 Lamb (roast, chop, leg) 1 oz  
 Luncheon/Deli meats 1 oz  
 Oysters 6 medium

Figure 12

50

54

Pork (chop, culet, ground, ham, organ meats, roast, steak, spare ribs, tenderloin) lean 1 oz  
 Sardines (canned) 2 medium  
 Sausage (bratwurst, Italian, knockwurst, Polish, smoked) 1 oz  
 Sausage, 1 gram fat/oz or lower 1 oz  
 Shellfish (clams, crab, lobster, scallops, shrimp, imitation shellfish) 1 oz  
 Soy milk 1 cup  
 Tofu 4 oz or 1/2 cup  
 Tuna, fresh or canned (drained) 1 oz  
 Turkey, white meat, no skin 1 oz

\* Limit high-fat meats (e.g. pork spare ribs, ground pork, all sausage, or other meats with 8 grams fat/oz or more) and high-fat cheeses (e.g. American, cheddar, Monterey Jack, Swiss) to 3 servings per week or less

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Figure 13



56



58

FRIEED FOODS	
<i>Foods with a serving size listed are limited to 3 servings per day</i>	
Bouillon, broth, consommé	1-16sp
Candy or M&M's, sugar-free	2-16sp
Catsup	1-16sp
Chili, soda	1-16sp
Cocoa powder, unsweetened	1-16sp
Coffee	1-16sp
Cream cheese, fat-free	1-16sp
Creamers, nondairy, fluid	1-16sp
Chesters, non dairy, powdered	2-16sp
Dairy, mixes, sugar-free	1-16sp
Flavoring, essences	1-16sp
Gelatin, sugar-free or unflavored	1-16sp
Gum, sugar-free	1-16sp
Hot pepper sauce	1-16sp
Jam or jelly, low sugar	2-16sp
Jell-O or Jell-O, fat-free	1-16sp
Marshmallows, fat-free	1-16sp

Figure 14

56



Mayonnaise, reduced fat	1-16sp
Mayonnaise, fat-free	1-16sp
Mayonnaise, reduced fat	1-16sp
Mustard	1-16sp
Nonsick cooking spray	1-16sp
Pickles, dill	1-16sp
Salad dressing, fat-free, Italian	2-16sp
Salad dressing, fat-free	2-16sp
Salsa	1-16sp
Soft drinks, sugar-free	1-16sp
Sour cream, fat-free	1-16sp
Soy, sauce	1-16sp
Slices of licorice, fresh or dried	1-16sp
Sugar substitutes	1-16sp
Syrup, sugar-free	2-16sp
Taco sauce	1-16sp
Tea	1-16sp
Flavor water, sugar-free	1-16sp
Vinegar	1-16sp
Whipped topping, regular or light	2-16sp
Wine, used in cooking	1-16sp
Worcestershire sauce	1-16sp

Figure 15

62  
↓  
TOTAL "2363660"

64  
↓

### Daily Instructions

1. Begin each day with all of your exchange cards in the front pocket.
2. After each meal and snack, calculate how many of each exchange was consumed and move those cards to the back pocket.
3. Remember to return all of the exchange cards to the front pocket at the start of each day.

### Other reminders

- Check your feet daily.
- Never go barefoot or wear open-toed shoes.
- Get annual eye exams by optometrists or ophthalmologists.
- Follow your healthcare provider's instructions for routine physical exams, blood tests and other procedures.

Figure 16

## Number of Exchanges For Each Calorie Diets

Exchanges	1200	1500	1800	2000	2200
Starch	4	6	8	9	11
Meat**	5	5	5	6	6
Vegetable	3	3	4	5	5
Fruit	3	3	4	4	4
Milk	2	3	3	3	3
Fat*	4	5	6	7	8

\*Based on a diet supplying approximately 30% of the calories as fats.

\*\*Based on lean and medium-lean meats or meat substitutes.

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Figure 17

# Sample Menu For an 1800 Calorie Diet

## Breakfast

Fruit 1 exch      Fat 2 exch  
Milk 1 exch      Meat 1 exch  
Starch 2 exch

## Morning Snack

Fruit 1 exch

## Lunch

Fruit 1 exch      Fat 1 exch  
Milk 1 exch      Meat 2 exch  
Starch 2 exch      Vegetable 2 exch

## Afternoon Snack

Starch 1 exch

## Supper

Fruit 1 exch      Fat 2 exch  
Milk 1 exch      Meat 2 exch  
Starch 2 exch      Vegetable 2 exch

## Evening Snack

Starch 1 exch      Fat 1 exch

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Figure 18

# Abbreviations

#	number
#"	number of inches
e.g.	for example
exch	exchange
lb	pound (16 ounces)
oz	ounce
Tbsp	tablespoon
tsp	teaspoon

Figure 19

80

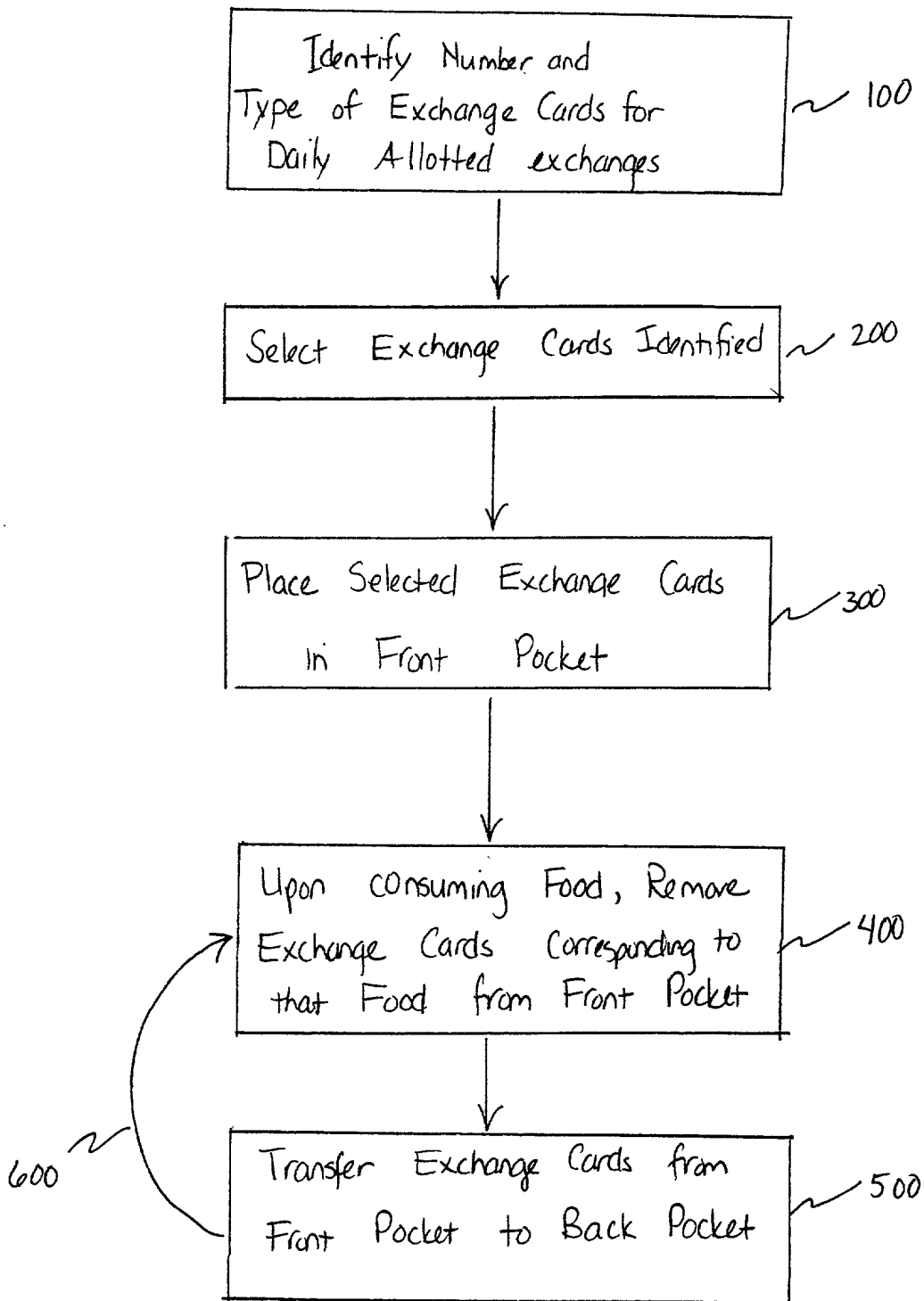


Figure 20